By DOROTHY DIX Excellent Advice

stout women of middle age asking and her husband's lack of apprefor some reliable recipe for reduc-ing, so that they may regain their has had with servants.

Alas, I know no way in which this miracle may be accomplished. If I had a formula that would remove even so much as ten pounds of superfluous avoirdupois from a stout bedy—and keep it removed—I would be lending money to Mr. Rockefeller, for all that a woman hath will she be lending money to Mr. Rockefeller. Now considering that Heaven for all that a woman hath will she doesn't turn out many women who

makes a Paris creation look dowdy their physical ones?
beside the hand-me-down of some For the one can be done, and the

No wonder, then that women hate after forty. to grow stout, and attribute all of their troubles to it. No wonder that time and labor massaging the kinks different to her, and that people forth in search of some

Perhaps the reason that growing belt measure as a decreasing gown covers a heart that is full of hat measure. For, sad to say, about the same time of life that a and of understanding and friendliwoman loses her physical figure, ness. she is apt to lose her mental figure. fat on the brains.

Most young girls are sprightly. Their wits are as nimble as their heels. They are receptive to new They are alive to fresh points of view. We like their soclety because they are interested in life, because they are adaptable, because they are cheerful and bouyant. They are willowy and elastic in mind as well as body. The middle-aged woman, on the

contrary, is frequently a deadly dull companion, because she has become opinionated and prejudiced. stiff as her joints.

She has let herself go. She never times. She has no interest in anything outside of her small circles. of the future. and she is positive that everything is wrong that she didn't do when she was a girl.

Worse still, she is apt to degenerate into a whiner. Her conver- all pray heaven to deliver us.

primitive times have taught them-

ty through tricks of dress and hair

arrangement, and they are becom-

aid as cosmetics give. But very few

indeed give much thought to this

drilled very thoroughly in this mat-

ter of grace. One of the chief pur-

found in her charm of manner, her

modern dances for this purpose.

Keep Your Mental Figure. sation is a melancholy recital of ber various illnesses, and the trou-

Nor is it without reason that women regard fat as the bane of their existence. It is the sign and seal that middle age oftenest sets seal that middle age oftenest sets realized that it is more important. upon them. It is the curse that realized that it is more important takes the style out of clothes and to keep their mental figures than

m flapper. It is that which takes other can't. No woman can keep the bloom of of beauty, and the perpetually young and beautiful, grace out of movement, and causes but any woman can keep herself ina woman to walk like a ton of teresting and an agreeable companion. And that's what counts

when a woman at middle age sud- out of their tempers as they do the deally awakens to the fact that her wrinkles out of their faces the husband has grown more or less inwrinkles out of their faces they different to her, and that people and assuredly no husband—cares generally exhibit no wild desire for whether a woman who is always her society, that she beats upon her beats and amiable, and reasonable loves a fat woman, and forthwith eyes or not. Nobody ever knows, method of melting her too solid because all they see is the beautiful soul of her.

Nor does it matter whether a miding stout is such a catastrophe to dle-aged woman is a perfect thirtywomen is not so much an increas- six or an imperfect fifty-six, if her

woman who has always She not only gets fat in body, but palled with her husband, who has him on in times of discouragement. doesn't need to worry over her belt measure. After all, you can't really cultivate an interest in other peo- edico (to speak well). ple, and when they do, it does not

make any difference whether they are fat or thin. It would take a surgical operation at the most fascinating time of life to graft a new idea on to the fixed because she is old enough to have maiden who drew the bodies of her opinions she already has, and her acquired poise; she is old enough martyred brothers from the Tiber mental processes have become as to have a wealth of experience be- and buried them, afterward sharing reads anything but sloppy novels of a tragic view of most things, her fame spread broadcast. Dante She doesn't try to keep up with the and she is still young enough to further contributed to the prevalook with interest at the closed door

> But she is only an agreeable companion if she has kept her mental figure. The woman who has grown Paradise. fat witted is a bore from whom we

Is This Your Type? By MARIE LA ROQUE Copyright, 1920, McClure Syndicate.

Even the most primitive of falk guerite des Marguerites as she was edictus, her name became the popuare susceptible to the charm of a graceful form and a graceful carriage and one of the first lessons in beauty culture that women of the so majecte in opinion and made in beauty culture that women of the susceptible to the charm of a graceful carriage and one of the first lessons in beauty culture that women of the susceptible to the charm of a graceful carriage and form. It was click in the Latin countries. Italy, producing, a Bender of the latin countries. Italy, producing, a Bender of the first lessons this exquisite grace that rendered the best possible should provide the best possib her so majestic in opinion and made that were too small, a nose that gem. It promises her courage and selves is the importance of cultivat- was a little too long, a jaw that power and the attainment of wealth. MD. STATE SUMMER ing and maintaining this feminine was square and strong and a rather austere upper lip.

lect the cultivation and maintenance MARYLAND COLLEGE of grace to a surprising extent. CLASS WEEK OPENS Prefers Cuban Bliss Our young girls learn at an early age the art of enhancing their beau-

College Park, June 13. - Despite ing more and more devoted to such a heavy rain there was a large attendance at the Maryland State Colposes of teaching young girls to mon.

dance was, in days gone by, to in- Tomorrow afternon will be decrease their natural grace of car- voted to inter-class athletic events Austin sailed for Cuba., One hardly takes lessons in and in the evening M. E. Tydings. former speaker of the Maryland However, the most charming sort house of representatives will deliver years old was permitted to marry. of gracefulness is the gracefulness class day address.

The annual meeting of the Alumni that is innate, and that needs not to ! he taught. Now it does not always association will be held Tuesday happen that beauty of feature goes afternon and at 8 o'clock Tuesday with pronounced grace of bearing, night a banquet will be tendered but it does usually happen that the the graduating class and the Alumni woman of graceful bearing is like-wise tactful and of gracious man-the college. The exercises close ner. No one who had ever seen the Wednesday morning with the prefamous Madame Recamier failed to sentation of diplomas. mention her great grace, and her

tactfulness was proverbial. Noel OUIJA BOARD JOINS Williams says of her: "The secret of her charm is probably to be LIMA POLICE FORCE

perfect ease and grace in conversation, and her extraordinary tact, which enable her to fill her salon with people of every shade and va- lice to locate stolen autos is being riety of opinion, and every class and carried on in Lima, Ohio. Police rank in society, and yet so to con- Chief Roush believes in the board. trive that every one there should be So do many of the patrolmen and made to feel perfectly at his ease." detectives.

UNIQUE DESIGNS IN POPULAR HYLASS VEILS



Unique designs characterize the popular Hylass veils this season. Here on the lower left we have a round mesh net with a design in dot groupings; in the center a double mesh net with small dots; and the third is a round mesh net with polka dots of chenille.

Fashionable Nancy

And Nancy murmered. "This is art!"

tically the same subjects as former-

What's in a Name? By Mildred Marshall.

BETTINA.

Bettina, curiously enough, has no measure life with a corset string etymological connection with Betty. Women can keep themselves in- as is generally supposed. It is an ruts. They can keep cheerful, and Italian feminine name which was refrain from telling hard luck stor- derived from the old verb beo, to ies. They can read, and travel, and bless, and later, with the word ben-

Beata and Bettrys were the early forms of the name and in Diocle-A middle aged woman should be tian's persecutians, the Christian hind her; she is old enough to have their fate was called Beatrix. Her learned to take a humerous instead relics were enshrined at Rome and lence of the "blessed" names, by making the love of his youth, Bea-trice Portinari, the theme of his Vita Nuova" and his guide through

Bona, another form of the name. vas used by the daughters of the Counts of Savoy, and in the House of Luxemburg, and came to the throne of France with the daughter of Johann of Luxemburg, the blind King of Bohemia. In Spain, a Visigothic nun was canonized as Benedicta and partly in her honor and A printed Voile is always smart, partly through the fame of the pa-Marguerite of Valois-La Mar- triarch of the Western Monks, Ren-The ruby is Bettina's talismanic

Thursday is her lucky day and 5 her lucky number. The lily is her flower. (Copyright, 1920, by Wheeler Syndicate, Inc.)

"I swear to Pete, jedge, I'd rather question of grace, while in days gone lege here this afternoon to hear the around and have my wife git me ly, though H. F. Cotterman, direcby cultivated young women were Rev. Clovis G. Chappell of Wash- inta trouble any mo'." Thus spake Austin McCarthy, up on a charge of assault and battery in Honolulu. The judge said, "Go ahead." And

In ancient Rome no woman over 50

Daily Horoscope

Jupiter rules strongly for good today and the sun is in benefic as-

The sway is fortunate for men who use their brains in large problems, professional or national. It is a day lucky for rulers and those who bear heavy responsibili-

Lawyers and judges should benefit greatly in the course of this

Colleges are subject to the most kindly government of the stars. focussing pleasant memories and high aspirations. Both men and women should

that aids constructive effort and gily. promote large ambitions. The sun is in a place supposed to incline to those who hold exalted positions toward helpfulness of the

It is a most auspicious day on which to seek the support financial. official or personal of any one who wields influence in the world of ac-

Access of confidence and increase of energy are believed to be marked while this rule of the stars pre-

prognosticated and given to safeguard against epi-Children come under a When she perceived a blue and demics. Children come under a sign that threatens great mortality.

> political interests reach a climax there is interest in the fact that its planetary government foreshadows for the election the choice of an able man subject to strong and safe guidance of the stars.

SCHOOL OPENS SOON Persons whose birth date it is may have rather an exacting year, College Park, Md., June 13 .- The but care will bring large success. summer school at the Maryland Children born on this State College of Agriculture will be- likely to be endowed with mental To Honolulu Squalls gin its six weeks' session Monday, and physical strength. Success and June 21, with prospects for the prosperity are foreshadowed. largest enrollment in its history. Courses this year will cover prac-

Memorial Association Elects.

tor, has arranged for additional Fredericksburg, Va., June 13 .courses in the field of secondary The Ladies' Memorial Association While the summer school was de- has elected the following officers: signed originally for the rural teach- Mrs. J. T. Goolrick, president; Mrs. ers, the courses which are provided W. E. Moncure and Mrs. A. B. Yates, are intended to assist teachers in vice presidents; Miss Esther N. secondary and vocational schools Barney, secretary; J. Conway Chichester, treasurer.

profit by the power of the planet

ambitious, whether they be men or women.

Again a summer of great heat is

(Copyright, 1920, by the McClure News-paper Syndicate.)

Modern Day Fashions Make Beautiful Ankles Just as Necessary as Beautiful Hands



Eleanor Dale, C. Coles Phillips' model, insilk stocking pose that won her fame.

Ankles are a matter of decided!

The chicness of the latest frock, well-known silk-stockinged pictures

CHILDREN'S SUNRISE STORIES

By ROWARD R. GARIS UNCLE WIGGILY AND THE TAP TAPPER.

Once upon a time, when Uncle Wiggily was hopping through the forest of Woodland, near the Orange Ice Mountains, he heard a rattling sort of noise on a tree over his head and then, all of a onceness, that sound stopped and a voice chirped: "Well dear me! If this isn't bad luck! Whatever shall I do to feed

my hungry birds?" Uncle Wiggily looked up and there on a limb, not far above his head, he saw a gray bird, with red feathers on his head. The bird had a long. sharp and very strong bill, like an

ice pick.
"What is the matter. Mr. Bird?"
"You asked the rabbit gentleman. "You

seem to be in trouble." "I am," answered the bird. "I few down on this limb to find something to eat for my hungry birds, but my feet are caught in the sticky gum which oozed out through a crack in the bark and I cannot pull myself loose. O, what trouble I am

"Ha! Don't say that!" begged Uncle Wiggily. "Perhaps I may be able to help you." Uncle Wiggily reached up with his

red, white and blue striped rheumatism crutch and gently, very gently, loosened the bird's feet from where they were caught in the sticky gum of the tree.

"Oh' thank you!" chirped the bird as he flew away. "You have done me a wonderful favor and I hope, some day, I may be able to pay you "Stuff and nonesense!" laughed

Uncle Wiggily, his pink nose twinkling twice as fast as never was. "I am only too happy to do you the favor. I want none in return.

Then Uncle Wiggily made a low and polite bow with his tall silk hat, while the bird nodded his red head As the bunny rabbit hopped on through the woods, looking for more adventures, he heard a noise like: "Tap! Tap! Tappity tap-tap!"

"If that bird is making the noise he is a most peculiar chap," thought the bunny rabit. On and on went Uncle Wiggily and pretty soon he looked around the

corner of the stump and he saw the bad old Skeezicks. But, as yet, the aback. Skeezicks had not seen Uncle Wig-"Ha! This is no place for me!" softly whispered the bunny to him-

can hop, skip and jump!" bushes before the Skee saw him. Proofs of identity were in my safe Uncle Wiggily was going very rap-

idly when, all of a sudden, his foot On two occasions, Tony opened the aught in a vine. Down fell the bunny rabbit gen



what trouble I am in"! he cried.

The whole sole of one of his shoes was torn off and there it flipped and flapped, back and forth. when Uncle Wiggily stood up and started to run again. "Oh, I never can go fast with the ole torn half off my shoe!"

sole thought Mr. Longears. "The Skee the letters T. L. will surely get me! What shall I

down the sole on his shoe with clared. eather was flipping and flapping "Oh, I must hurry on, to get newspaper advertisements. way from the Skee; and yet how

can I with the sole of my shoe going flippity flap?" thought the bunny. "Oh, what trouble I am in!" he cried. Perhaps I can help you," said a voice, and there was the

very same bird Uncle Wiggily had helped get loose from the sticky "Thank you for offering, but how

an you help me?" asked the "Well, I am Mr. Tap Tap, the woodpecker bird," was the answer.

With my strong, sharp bill I tap holes in the trees to get food for my little birds. Now I can tap some holes in the sole of your shoe, put in some wooden pegs, and nail it fast on again. Then you can skip lively and get away from the Skee." "Oh, thank you so much! Please do it!" begged the bunny gentle-

man. So he stretched himself out on a soft, mossy log and held up in the air his foot on which was the shoe with the sole all loose. "Tap! Tap! Tappity-tap-tap!" went the bird, making little holes in the leather. "Do I hurt you?" asked the woodpecker of the

"No, but you tickle!" laughed Uncle Wiggily. "However, I don't mind." Soon the flippity-flappity sole of his shoe was fastened on by the woodpecker, and Uncle Wiggily, after thanking the bird, hopped along through the woods and the Skee never caught him at all that day. Aren't you glad?"

HISTORIAN EXPECTS VICTORY IN IRELAND

Friends of Irish Freedom crowded

their hall at 601 E street last night

to hear Father Murphy, professor of history at Georgetown University on "Why Ireland Should Be Free." Father Murphy presented an hisorical analysis of the struggles for liberty that have made up the his-tory of the ages. "What Irishmen want," he said, "is government by

THE BUSY CORNER PENN, AVENUE AT STH STREE

Open 9:15 A. M.

Close 6:00 P. M.

Two Lines of Semi-Made Skirts



-This is the blouse and skirt season now, and semi-made skirts are practically made-to-measure skirts at a price much less than you would pay for them if you had them made. One seam is left open for adjustment, allowing them to fit

Semi-made Skirts of washable mohair, velour checks, tweeds and mixtures in tailored styles and plaid poplins in box pleats; 26 to 38-inch waist

-Semi-made Skirts, in accordion and box pleated styles, in plaids, stripes and pavy and black serge, sizes 26 to \$12.98

Kann's-Street Floor.

Helene's Married Life By MAY CHRISTIE COPYTIGHT. 1920.

CXXL-TONY'S STORY.

Tony Lascelles-the son of Travis he'd find a home Lloyd! How could it be?

"It seems," said Mr. Lloyd, still had considered himself a son of self. "I'm going to run as fast as I with that little quaver in his some distant relative of the St. tones, "it seems that Tony has Aubyns family. Away he went through the been following up some clues. -some photographs-some papers. safe, anxious to secure these proofs. We suspected his motives wrongly.

> He turned to Tony. That youth had the grace to look profoundly uncomfortable. "I-I ought to have come straight and told you, sir," he muttered.

but I wanted the proofs first." Travis Lloyd gave a pathetic sort of smile. This finding of his long-lost child-it carried with it considerable disillusionment. Was he trying now to make the very best of an unhappy situation? gleam that might be called paternal, in his eye. Evidently the of his newly-established fatherhood had swept away something of his justly condemnatory attitude toward Tony.

As for me. I felt so bewildered that I didn't rightly take in half home unfortunately ventilation is a of the explanations.

town and to Tony had been follow- and intelligent observation is needed by a prolonged interview with ed to protect the patient from Jim's father, the man who had draughts and to regulate the tembrought up Tony as his son. Ton had been present at that interview-with proofs. Mr. St. Aubyns and his wife had

described how, twenty-five years baby lying sleeping on their doorbaby's clothes were initialed with "We could find nobody to claim

bim, and my wife loved him imthim, and my wife loved him imis today—and no one answered our room is being swept as well.

> in the week, and we took the baby should cultivate it. This will enable with us. From the initials, T. L., her not only to detect bad odors on his clothes, we called him Tony but also to note that peculiar life-Lascelles. Eighteen months later. less quality of air commonly known my own son was born. And the as "stuffiness." children grew up together."

> his reckless tendencies were get- through an aperture at the rate of ting him into endless scrapes in at least fifteen miles an hour it is college. Tony was not told of the mystery surrounding his birth. Mr. be harmful even to an invalid. and Mrs. St. Aubyns, in fact, were (Copyright, 1920, by The M-C Syndicate.)

quite convinced he was the child Jim and I were utterly taken of some unfortunate girl, who had abandoned him where she hopeu Up till the age of eighteen, Tony

Tomorrow: How It Happened.



lation systems which the nurses understand and even patient's knowledge the air is kept more or less hit or miss arrasgement. But this I gathered: The visit to It depends upon windows and doors,

perature.

In a small room a direct draught may be prevented by covering a wire fly screen with cheese cloth which will admit air but will slow they'd found the abandoned up the velocity. This arrangement also excludes much smoke and dust step, in a New York suburb. The as you will find on temoving the choese cloth to renew it. A light bedroom screen should stand distands in a direct line between win-

If the patient is very ill and it some sticky tree gum, but soon the own at that time, and we adopted windows and doors to give the room Yes, of course, we tried to a thorough airing, place an open again, as the rabbit hopped on. find the parents. But with small umbrella over his head and cover Then he tried to tie it on with success. Advertising at that pethe whole with a sheet. This is strings of grass and slender twigs, riod wasn't so cleverly done as it a good thing to do when the sick

"We were going off to Italy with- sble to a nurse. If she lacks it she Remember this. All air is not a

Until the age of eighteen, when draught. Unless it is blowing



The excellence and superiority of Elk Grove Butter, 'makes it the Standard table butter of the Nation's Capital. Once Elk Grove. always Elk Grove.

When buying butter be sure it is in an Elk Grove carton-Other butters are not as good

AT LEADING GROCERS

Golden & Company DISTRIBUTERS



Del Monte Preserves 3 jars for \$1.00 Apricot, Peach, Plum and Orange Marmalade

Regina Peaches 3 cans, \$1.00 Selected fruit, packed in heavy syrup

Campbell's Soups 9 cans, \$1.00
Chicken, Vegetable, Mock Turtle, Oxtail Rumford's Baking Powder . . 4 cans, \$1.00 Each can is full pound weight

Gold Medal Flour.....12-lb. sack, \$1.00 Everybody knows this is a very special price Gosman's Ginger Ale..... 9 bottles, \$1.00 One of the best of the "domestic brews".

"Good Luck" brand-a favorite. Olives in regular 65c jars 2 for \$1.00 Selected large fancy fruit

Evaporated Milk...... 9 cans, \$1.00

note - pride or chagrin, as the case skirts, slippers and ornate silk hose. Not even hands surpass them in im-

The chicness of 't'. It'est frock, the sheen of satin slippers and silk-en hose are as beauty wasted 'on the desert air,' if milady's ankles be lippers and ornate silk hose. The first step toward in hands surpass them in improportions. Eleanor Dale, model for the sheen of satin slippers and silk-stockinged pictures of C. Coles Phillips, has them, so Mr. Phillips thinks. For instance, her ankle measures 73-4 inches, and her instep, 10 inches.

Get out the tape line, girls, and switzerland, to atain their freedom and recognition by the world as a nation."